

# evolve junior coaching

The following junior coaching programme will operate at the Thorndon Club:

**Term 4 2018:** Monday 15 October – Sunday 16 December (9 weeks)

**Term 1 2019:** Monday 28 January – Sunday 14 April (11 weeks)



<b>Tennis Hot Shots</b>			
<b>Blue stage (3-4 yrs)</b>	<b>Days</b>	<b>Times</b>	<b>10 wk cost</b>
Build fundamental perceptual motor skills through movement, catching, throwing and striking. 1 coach: 4 players	<b>Contact Evolve to arrange</b>	<b>30 minutes</b>	<b>\$90</b> (1 day)
<b>Red stage – ½ court (5-8 yrs)</b>			
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. 1 coach: 6 players	<b>Thur (tbc)</b>	<b>3:15-4pm</b>	<b>\$140</b> (1 day)
<b>Orange stage – ¾ court (8-10 yrs)</b>			
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	<b>Thur (tbc)</b>	<b>4-5pm</b>	<b>\$180</b> (1 day)
<b>Green stage (Novice interclub)</b>			
Advance tactical knowledge, spin on ground strokes and serve, understand fair play, learn to manage emotions, execute all possible shots on a tennis court. Ratio 1:6	<b>Thur (tbc)</b>	<b>5-6pm</b>	<b>\$180</b> (1 day)

<b>Private lessons</b>	<b>Days</b>	<b>Time</b>	<b>Per hour/half hour</b>
Structured for your individual game style and skill level. Private lessons are a great way to make rapid progress and make changes in your game. We have tiered pricing based on the qualifications and experience of the coach.	<b>Tu (before 6.30pm)</b>	<b>Contact Evolve to arrange</b>	<b>Nick \$65 / \$37.50</b>
<b>Interclub Team Training</b>			
Consistency and accuracy on all strokes, volley confidence. Fundamental tactics in singles and doubles, positioning, fundamental movement and match routines.	<b>Tu (before 6.30pm)</b>	<b>Contact Evolve to arrange</b>	<b>\$60</b> or (4+ players <b>\$15</b> each)

**For more information or to register contact:**

**Phone:** (04) 479 1386 **Email:** info@evolvetenniscoaching.co.nz

**evolve tennis coaching**

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